

# The Phoenix Centre



Care in West Berkshire  
[www.westberks.gov.uk](http://www.westberks.gov.uk)



West Berkshire  
COUNCIL





# The Phoenix Resource Centre

The Phoenix Resource Centre is a purpose-built centre situated centrally in the south of Newbury. It provides excellent facilities, supported therapeutic activities, a calm atmosphere and highly trained and caring staff.

We support people with physical disabilities, learning disabilities, mental health issues and those with frailty and dementia.

This leaflet gives you an insight into what the Phoenix Resource Centre has to offer.

## Our team

Our caring team are highly trained and experienced in helping people with a wide variety of conditions.

They work hard to provide a fun, inclusive environment and meaningful, therapeutic activities

## Activities

We offer a range of meaningful occupational, creative and therapeutic activities, tailored to meet the needs, abilities and choices of our customers.



## Volunteering opportunities and student placements

### Volunteers

We support people to volunteer their professional skills within our service, providing fulfilling activities involving meeting others and social interaction.

### Students placement

We offer students an insight into caring for customers with various abilities, team building opportunities, increasing their confidence and helping them to make the right choice, preparing them for their careers and the working environment.





# Activities

## I.T. Suite

We have a fully networked computer suite with internet access where customers can learn how to use computer programmes and enjoy social interaction with others

## Tovertafel magic tables

Tovertafel is a technology which incorporates infrared sensors and sound with a projector so users can play interactive games which promote physical, sensory and cognitive activity and social interaction.

## Sensory

Sensory and Optimusic computer system that produces a variety of lights and sound that can be controlled through movement. This is used to provide either a calming or stimulating and creative environment to meet each individual's needs

## Reflexology and aromatherapy

Qualified professionals provide sessions tailored to the needs of the customers. For example this could relax muscle spasms, calm anxiety, support increased confidence, close interaction and touch

## Community activities

The Centre also has regular trips on offer which are tailored to meet the individual's needs; this includes bowling, shopping, meals out and visits to places of interest. We also offer outreach work on a 1:1 basis. We consider any referrals to the outreach service which will be provided by our Support Outreach Workers

## Life skills

We support customers to improve and enhance their existing skills. Providing emotional support and supporting to build confidence in exploring new activities/environments. We offer support with preparing, and cooking meals, budget planning, menu planning, looking at healthy options and shopping.

## Therapeutic Gardening

We run therapeutic gardening sessions, both indoor and outdoor, with sensory areas with different types of flowers/herbs to stimulate one of the 5 senses such as sight, smell, touch and taste. We have vegetable beds as well as flower arranging and creative work with plants and flowers. This helps to improve memory, cognitive abilities and social interaction.

## Entertainment

We hold music and drama workshops where customers are involved in planning and taking part in shows such as The Scrooges, Phoenix Diva and The Gruffalo. There are trips to the theatre and performances from visiting entertainers.

## Physical activity

We offer a range of physical activity sessions which is beneficial to improve your mood, and helps to reduce feeling of loneliness and isolation. This includes armchair exercise, movement through music, and we also have specialised Motomed machines that are used for people with limited mobility, the machines are used to stimulate the muscles exercising the arms and legs. This can be used independently or with support from one of the staff.







We are based in south Newbury, close to Newbury College and the Retail Park.

You can find us at:

**The Phoenix Resource Centre**  
Newtown Road  
Newbury  
Berkshire  
RG14 7EB

Contact us to find out more:

- [www.westberks.gov.uk](http://www.westberks.gov.uk)
- Call 01635 520150
- Email: [phoenixresourcecentre@westberks.gov.uk](mailto:phoenixresourcecentre@westberks.gov.uk)

The Centre primarily covers West Berkshire but also offers services to other counties.

**Our vision and mission are underlined by our core values; Respect, Inclusion, Compassion and Empowerment**

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